

High Low Buffalo

High Low Buffalo is a simple and fun game to play with children that builds connection and encourages positive social/emotional skills. It is a great game to play on the way home from school.



Here's how to play...

Ask your child what the high of their day was.

The high is the best part of their day/what made them feel happy or excited. Then spend some time talking about this.

Ask your child what the low of their day was.

The low is the hardest part of their day/what made them feel sad, angry or frustrated? Then spend some time talking about this.

Ask your child to share "Buffalo"

Buffalo is just a silly way to ask your child to share anything else they want about their day.

Look for the Buffalo as your leave school today!